

VETERANS MEMORIAL SENIOR CENTER ADAPTIVE P.E. FALL SESSION 1, 2019

September 3rd through October 25th

APE Classes: Monday, Wednesday, Friday \$138 (Drop-in \$10)
8:30 to 10:30 and 10:30 to 12:00

Tuesday, Thursday \$96 (Drop-in \$10)
8:30 to 10:30, 10:30 to 12:00 and 1:00 to 2:30

Modified Zumba: Monday 10:00-11:00 \$42 (Drop-in \$10)

Level 2 Circuit Training: Tuesday 2:30-3:30 \$80 (Drop-in \$15)
Thursday 2:30-3:30 \$80 (Drop-in \$15)

Evening Weight Loss: Monday 7:00-8:00 pm \$70 (Drop-in \$15)
Thursday 7:00-8:00 pm \$80 (Drop-in \$15)

Chair Yoga: Wednesday 11:00-12:00 \$48 (Drop-in \$10)
Friday 10:30-11:30 \$48 (Drop-in \$10)

Parkinson's Classes: Please call for information (650) 368-7732

Pulmonary Maintenance Classes: Please call for information (650) 368-7732

***Complete Balance Assessment and Hourly Personal Training Available

Payment Options: Checks Payable to APE -- Credit Cards -- Cash

Phone # (650) 368-7732

Web Site: www.adaptivepevmcsc.org

**Fall Session 2 Starts
Monday October 28th**